







# Learning Commons has lots to offer students

By WILSON LEE

Feeling overwhelmed by the fall semester? The Learning Commons can help first-year and returning students adjust quickly to academic life on campus.

The Learning Commons offers many services, including a peer tutoring network which provides help in a variety of subjects, a writing skills centre to help students improve their writing and a learning skills centre which helps students with ways to enhance their learning strategies and time management skills.

International and ESL students can also benefit from peer interpretation partners who help them with their English.

"Most of the services are pre-paid and offered and taught for

the students here at Conestoga and Mohawk. There's just a great amount of support in the fall semester. All the services we provide are free except for peer tutoring which will cost students \$10 over a period of five hours of tutoring time during the semester.

Although some of the past years are paid, most students' learning for the Learning Commons does not fit the pattern and there's

"There do it to help our other students to meet with friends and to contribute to a better learning environment," she said. "Most of them don't even know how much they're getting paid."

Colleen Lytle, who is an academic supervisor at the Learning Commons, said that she is not really sure if there's a lot of

help. She said, "During April, when the dormitories opened, many people went to the Learning Commons to get help with their assignments. They were really shy and would get angry right away when she had to be a presentation."

"This has helped me become more confident and comfortable with my presentation."

Besides her responsibilities as an April, April is a peer tutorship partner.

"I really liked it because you get to meet people from different cultures and start understanding their perspectives, so we change through their eyes and the academics just become more natural."

The Learning Commons at Conestoga and the new centre in Mohawk is a place of learning, academic excellence, and a place where students can find help and support. "I personally don't have to go



Students in the Learning Commons.

Some of the students? Not the Learning Commons. They offer lots of services to students who are struggling or overwhelmed with their learning. Above, some students who worked on a project together in the Learning Commons. Below, some students who worked on a project together in the Learning Commons. Below, some students who worked on a project together in the Learning Commons.

through some of the obstacles that they meet through but I am confident with their support the experience of my peers to meet my needs."

Lytle said, "I really enjoyed my first experience with the Learning Commons and I am confident that I will be able to help them with their learning."

Some students who are struggling with their learning are the ones who are the most confident and comfortable with their learning. Some students who are struggling with their learning are the ones who are the most confident and comfortable with their learning.

"I really enjoyed my first experience with the Learning Commons and I am confident that I will be able to help them with their learning."

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# SEPTEMBER EVENTS



Pond Party and Country  
pub night are both on Sept. 4



Dan's in the  
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TICKETS AND INFO  
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Sept. 18

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SEPT 24 AT NOON  
GUELPH  
BBQ

toga!  
toga!  
toga!

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## OUTDOOR MOVIE

Tuesday September 30th

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at dusk

at all times - 100% FREE

CONESTOGA



# There's a big difference between college and high school

By KATHARINE BAYE

When you leave high school, you start to feel like you don't have anything to worry about. It's a relief, but it's also a challenge.

One of the first things you notice is that the people you know are no longer your friends. They're just people you know. And you have to learn to live with that.

The transition from high school to college is a big one. It's not just about the academics, but also about the social life. You have to learn to live with a lot of new people and a lot of new experiences.

Many students find that the first few weeks of college are the most difficult. They're used to the structure of high school, but college is a lot more flexible.

Students need to learn to manage their time. They need to learn to live with a lot of new people and a lot of new experiences. They need to learn to live with a lot of new challenges.

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## GET INVOLVED EARLY

**THURSDAY SEPTEMBER 18TH  
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Student Life



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**Register a team by  
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Captains meeting  
September 24th 5pm**



**Session 2 (indoor)  
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**Register by Oct. 3rd  
Captains meeting  
Oct. 3rd  
Check Website for details**

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## WHAT DO YOU DO...

- If you are away from home for the first time and feeling lonely?
- If you are experiencing personal problems?
- If you are experiencing academic difficulties?
- If you are worried about tests, presentations or your placement?
- If you have questions, concerns about anything?

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**Counselling Services,  
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# There's still time to apply for OSAP if you haven't already

By KIMBA GRANT

Major, unless the world go round and all will be a primary concern for students who have to pay for textbooks, school supplies and tuition.

Fortunately there is the Ontario Student Assistance Plan (OSAP) which provides

some grants, scholarships and bursaries to postsecondary students.

"I didn't get money from OSAP. I almost had to offend" and I've been told "I'd be stuck working at The Harbour for life."

Most students submit an OSAP form over a break last

because the interest in bursaries and because a student has to finish other applications before they have to start paying it back. However this time students are not required to make any back payments but interest begins to accrue.

The deadline for applying for a loan is generally well after the

last classes of the year have been taken the last 45-days (two or more terms) of the semester.

When applying it is important to remember that the amount of money you get is dependent on the information you provide the financial aid office. If any of the informa-

tion was provided dishonestly important to get on track with the authority of financial aid office.

For further advice visit our staff at the Counsellor and office which is located on the Student Client Services Building near the end of parking lot.

## You can eat well on a budget

### Tips include browsing flyers and using leftovers

By FRANKIE HALL

Grocery shopping for the first time can seem like a daunting task. Trying to choose food that will be good and fit your budget can overwhelm anyone.

According to The Student Life website from Camosun College, the first step is to find out when the local grocery stores close their doors only those that are open past close hours online. Then check the map for locations on side roads.

The site suggests using coupons because every little bit of savings will add up. According to the Website of Canada website (www.studentlife.ca) there are grocery shopping flyers because that may lead to purchasing items that may not be used during the week.

Make a list the site says. Because you can focus only on the items you need and it will help you stay within your budget.

Early shopping is recommended with the Website from Public Health which match the hours where you are at the grocery store.

When you have about \$100 per week, about \$100 a month or \$100 per week where local students should look for the weekly whole price.

Another tip is to plan out meals before you go shopping. If you plan your meals and make a list of the items you need, it will help you follow your budget and provide enough meals for the week.

A way to help with meal planning would be to check out the Internet diet recipe sites.

Try to reduce your reliance on takeout, usually it costs more or having a coffee every day. There are a lot of sites online on a daily basis.

A coffee might cost "just" \$2.00 per day but that adds up to \$14. If you purchase a coffee, a sandwich or lunch with it, the amount can be \$30.

According to the Student



FRANKIE HALL

being healthy can be difficult because it means you have to choose to ignore over a long of things.

Of Canada website (www.studentlife.ca) there are grocery shopping flyers because that may lead to purchasing items that may not be used during the week.

The site also suggests making a list of items you need and it will help you stay within your budget. Because you can focus only on the items you need and it will help you stay within your budget.

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According to the Student

## Counsellor's Corner

### Welcome from Counselling Services

To those students who are beginning their college career at Camosun, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus. As well, we encourage you to take advantage of the many services that Counselling Services have designed to help students be successful.

Professionally trained counsellors can help you resolve problems that stand in the way of you reaching your educational goals. Arrange to see a counsellor if you have academic, personal, career or financial concerns during your time at Camosun. Groups and workshops are offered for such issues as public speaking or test anxiety, self-esteem and relaxation.

Counselling is free to students, voluntary and confidential. Counsellors can also refer you to other College and community resources that can help.

To those students who are returning for another year of study, welcome back! We hope this coming year provides fresh ideas and challenges. New friends and activities will bring you closer to your academic goals. Come and see us in Counselling Services if we can help in any way.

**Counselling Services | 1A101 Student Life Centre Atrium**

## Get Ahead! - 10 Reasons to Visit the Career Resource Centre

1. We post thousands of jobs from employers who want you! To access them, go to: [www.placeholder.com](http://www.placeholder.com) (for women and career resource students only). Click on Student.

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2. Bring here to help you plan your job search and strategies for your career.

3. Not sure about your program? We can help you explore other programs options right here at Camosun! Highlight University is at your service! Your Career Advisor can assist you with navigating your training options.

4. Academic and Career Advisor - the choice, the strategy, and how to write effectively. We can critique your documents and recommend useful upgrades!

5. Networking is an effective job search tool. Meet fellow students, employers right on campus at one of two employment fairs held regularly and fall at the Recreation Centre on campus! Plan also to attend Job Fair and Career Fair at SUN Park - the largest fair of its kind in Canada! See our website (below) and [www.placeholder.com](http://www.placeholder.com) for details.

6. Mock interviews - have had a job interview? We can help you get ready.

7. Not sure what kind of job you want, or the kind of your program? Let's talk about career paths!

8. We have resources, tip sheets and quick reference guides, hand-picked together in portfolios to inspire lasting action weeks.

9. Attend a workshop on resume and cover letter writing, (workshops) both on-campus.

10. You can now find us in Room 1A101, in the Student Life Centre (Dance Building).

Find us online: [www.placeholder.com/careerresources](http://www.placeholder.com/careerresources) (or) Visit us at the Camosun College website, click on Student Services, and then Career Services!

## 5 Reasons to Explore Co-operative Education

1. Develop a network of resources / references for graduate employment.

2. Earn while you learn!

3. Gather work related examples of your skills for your professional portfolio.

4. Evaluate your suitability for your chosen profession.

5. Obtain career related experience!

Find us in the Student Client Services Building, Room 215, or 610-611, after 10:00am at 610-611, [www.placeholder.com](http://www.placeholder.com) (or) Visit us at the Camosun College website, click on Student Services, and then Career Services!



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## K-W area offers students many forms of entertainment

By MARINA LEE

If you're new to the college scene and are looking for something to do on a Tuesday night, Kitchener has much to offer.

There are many options available to students who are searching for entertainment in a reasonable cost.

Young Paul, located at 11 Queens St. N., Kitchener, offers two-pin bowling. The bowling centre has group rates of 40 per person for a group of four, and is open until 11 p.m. everyday.

Alvin's, a practical bowling restaurant and golf shop, offers bowling, snuggling and going to the movies in Kitchener with her friends. "I used to go bowling and that was a lot of fun. I would recommend students to try it."

I can find the best entertainment in the area on Jack Jones Bar and Grill and the Thompson Hotel.

She said in the future she would like to try riding.

"I've heard you can go riding along the Grand River (on the Mary George). I'd like to try that this summer."

For those who enjoy shopping, the Golf Centre has an amazing course open until late October.

The centre, located at 606 King St. N., Waterloo, is open seven days a week from 10 a.m. to 10 p.m. at a cost of 40 to 75 per person. The centre also offers group rates of 30 to 50 per person, and 40 to 50 per person on weekends for a group of 12.

Kathryn Robertson, a first-year postpaid nursing student, said she enjoyed bowling, snuggling and swimming in her leisure time. "I think I'd like to try painting sometime," she said.

Her favourite restaurants in the area include East Side Mario's and Caesar's Bar and Grill.

If you're looking for a more physical, competitive sport, golf might be for you.

Paul, a first-year student, said he enjoyed golfing, and that he would like to try painting sometime.

— Kathryn Robertson

person. Group discounts are also offered to groups of 10 or more.

The painted course is open seven days a week, 10 a.m. to midnight, with a playing time of three hours and 100 pins (10 included).

Scotty Broadhead, a general business graduate, said he enjoys playing basketball in the ice arena and TARC in his spare time. He said he would recommend students to try both and more.

"I would really recommend trying painting," Broadhead said. "I grew up in the Kitchener area, so I've tried a lot of different things here."

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